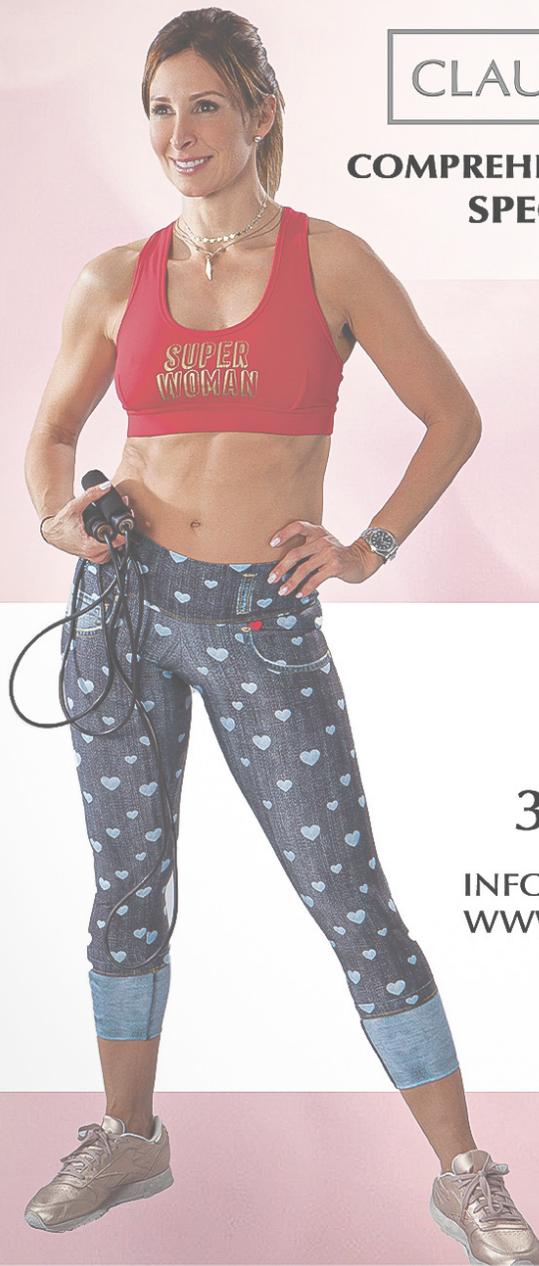


WOMEN'S FITNESS

ONLINE CLASSES & STREAMING

CLAUDINE NANNINI

**COMPREHENSIVE WELLNESS SYSTEM
SPECIALIZING IN WOMEN**



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Thank you for your interest in my fitness program!

WHO AM I?

I am a Personal Fitness Trainer & Group Fitness Instructor with over 30 years of fitness background who specializes in women's fitness certified by AFAA and NASM. I am also an IAC certified Life Coach and have been a licensed Zumba Instructor since 2003.

WHAT IS MY FITNESS PROGRAM ABOUT?

My fitness program is curriculum-based and utilizes a **comprehensive** approach that addresses all fitness components, in an effort to create a well rounded and balanced plan for my participants and restore balance where there are body imbalances.

Depending on the day of the week, we work on muscular strength, muscular endurance, cardiorespiratory fitness, flexibility, stability, and power.

The program addresses different components every day and different areas of the body.

WHAT CAN YOU EXPECT EACH DAY?

MAT WORKOUT (MONDAY)

This class focuses on promoting stability, mobility and core strength while also working the shoulder joint and hip joint.

We focus on working mostly smaller muscle groups (stabilizers) and the engagement of those muscles to support the larger muscle groups. Participants will work their entire body as they build connectivity between their muscles and throughout their bodies.

Basic proper alignment and core strength are required to participate in this class.

TOTAL BODY CONDITIONING & CARDIO (TUESDAY)

It is a HIIT (High-Intensity Interval Training) workout.

This class focuses on working balance, endurance, strength, agility, coordination, power and cardiorespiratory fitness.

This class is intended for participants who have mastered proper body mechanics, strong cardiorespiratory capacity, correct alignment, and weight training techniques.

GLUTES, LEGS, CORE (WEDNESDAY)

This class focuses on promoting lower body endurance and strength. It mostly targets large muscle groups of the hip joint and legs. Core strength is part of this training session.

This class is intended for participants who have mastered proper body mechanics, core stability and strength, correct alignment and weight training techniques are all required to participate.

UPPER BODY & CORE (THURSDAY)

This class focuses on promoting upper body endurance and strength. For the most part, we target large muscle groups of the upper body and core.

This class is intended for participants who have mastered proper body mechanics, core stability and strength, correct alignment and weight training techniques are all required to participate in this class.

TOTAL BODY WORKOUT (FRIDAY)

This class focuses on promoting upper and lower body endurance (and sometimes strength) while working cardiorespiratory fitness.

The session is focused on working large muscle groups of the upper and lower body.

This class is intended for participants who have mastered and proper body mechanics, core stability and strength, correct alignment and weight training techniques are all required to participate in this class.

DO I NEED EQUIPMENT TO JOIN THE PROGRAM?

Yes. Even though some days we only work with bodyweight exercises, other days we need some equipment in order to build the strength of large muscle groups and stability and strength of smaller muscle groups that keep our joints healthy.

You will need the following:

- Mat
- Towel
- Bottle of water
- A resistance band for hips or ankles
- A yellow, green or red TheraBand
- Jump rope (not essential)
- Ankle weights

Depending on your fitness level, you may also need:

- Sets of dumbbells (2, 3, 5, 6, 8, 10, 12 or even 15 and 20 lbs. for some participants.
- For example, if you have not worked out in a while, a set of 2, 6 and 8 lbs. dumbbells will suffice. It will all depend on the exercise, time under tension, the size of the muscle being used or the muscle groups being utilized during a particular movement.

Note: This program is an advanced routine and it is designed solely for healthy, experience individuals who are familiar with weight training techniques, have proper body mechanics and have mastered correct alignment. It is not intended for beginners or intermediate fitness enthusiasts. If you have or suspect you have heart conditions, metabolic diseases, poor core or joint stability, have orthopedic limitations or old injuries, have a BMI that is above 25, are pregnant or suspect you have any other condition or limitation, you should not participate in this program. Please seek professional advice for a thorough evaluation